

Title of Material: _____

Publisher: _____

Reviewer: _____

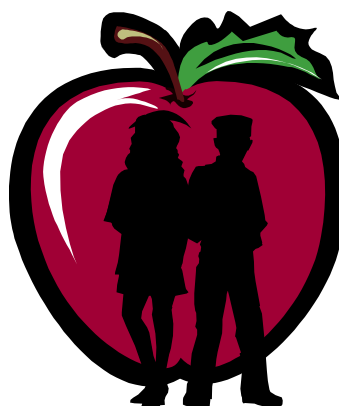
Percentage of Standards: _____

Grade Six--possible 25 (content knowledge & skills)

(Number of Yes checks divided by 25 = percentage)

Idaho Achievement Standards

Health for **Grade Six**



822 HEALTH STANDARDS – GRADE SIX, SECTIONS 823 THROUGH 827.

823 HEALTHY LIFESTYLES.

Standard – The student will:	Content Knowledge and Skills:	YES	NO
01. Acquire the essential skills to lead a healthy life.	a. Identify the influence exercise has in developing a healthy system.	Indicate Page No	
	b. Identify prevention, causes, and treatment of diseases and disorders.	Indicate Page No	
	c. Demonstrate and be able to apply basic first aid and safety rules.	Indicate Page No.	
	d. Describe emotions that affect personal health.	Indicate Page No.	
	e. Identify the choices and consequences related to abuse of alcohol, tobacco, and other drugs.	Indicate Page No.	
	f. Apply strategies for developing healthy eating habits.	Indicate Page No.	
	g. Identify the functions and characteristics of the major body systems.	Indicate Page No.	
	h. Discuss and evaluate the importance of healthy relationships.	Indicate Page No.	
	i. Examine factors involved in selecting and using health information, products, and services.	Indicate Page No.	
	j. Describe environmental health issues and their relationships to a healthy lifestyle.	Indicate Page No.	

824 RISK-TAKING BEHAVIOR

Standard – The student will:	Content Knowledge and Skills:	YES	NO
01. Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	a. Identify risk factors for illness and injuries.	Indicate Page No	
	b. Examine and evaluate how the actions of one person affect the behaviors of others.	Indicate Page No	
	c. Describe high-risk substance abuse situations and behaviors that pose a risk to one's self and others.	Indicate Page No	
	d. Describe the impact of risky behaviors on personal and family health.	Indicate Page No.	

825 COMMUNICATION SKILLS FOR HEALTHY RELATIONSHIPS.

Standards - The student will:	Content Knowledge and Skills:	YES	NO
01. Demonstrate the ability to use communication skills to enhance health.	a. Describe the causes and effects of conflict in schools and families.	Indicate Page No	
	b. Demonstrate refusal and decision-making skills that enhance personal relationships including substance use and abuse.	Indicate Page No.	
	c. Explain interpersonal communication skills that can be used to build interactions between family, friends, and community.	Indicate Page No.	

826. CONSUMER HEALTH.

Standard – The student will:	Content Knowledge and Skills:	YES	NO
01. Organize, analyze, and apply health information practices and services appropriate for individual needs.	a. Evaluate the validity of health information, products, and services.	Indicate Page No	
	b. Analyze how the media influences information about tobacco, alcohol, and drugs.	Indicate Page No	

	c. Determine health resources available in personal community and state.	Indicate Page No.	
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827. MENTAL AND EMOTIONAL WELLNESS.

Standard – The student will:	Content Knowledge and Skills:	YES	NO
01. Understand and demonstrate the key components to positive mental and emotional health.	a. Analyze skills that positively express personal emotions and feelings.	Indicate Page No.	
	b. Analyze the influence exercise has on relieving mental and emotional tension.	Indicate Page No.	
	c. Identify skills necessary for stress management, decision-making, and managing conflicts.	Indicate Page No.	
	d. Explore aspects of emotional safety.	Indicate Page No.	
	e. Explore factors that influence the use of alcohol, tobacco, and drugs.	Indicate Page No.	